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Navy & Marine Corps Medical News
MEDNEWS #98-01
January 8, 1998

This service distributes news and information to Sailors and Marines, their families, civilian employees, and retired Navy and Marine Corps families. Further dissemination of this e-mail is encouraged.

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1. Navy Offers Dental Care for Children with HIV
Courtesy of USS SHREVEPORT

ABOARD USS SHREVEPORT--While on a recent port visit in Constanta, Romania, the dental department on board USS Shreveport (LPD-12) went out into town at liberty call, and brought their work along with them to Casa Speranta, an orphanage and home to many of Constanta's human immunodeficiency virus (HIV)-stricken children.

Because of misconceptions still surrounding HIV, many people fear working closely with HIV infected children. That fear coupled with excessive caseloads of medical professionals make dental care for the children difficult to obtain.

Shreveport's dental officer, LT Gregory Engel and his dental technicians helped ease that problem by giving basic dental exams and providing dental supplies for the children at the home.

"Medical care is available," said Marolen Mullinax, who runs the home. "However, we only have one woman who is responsible for the children's medical care and she is an outstanding physician. The problem is she has a caseload of over 1,600 HIV infected children, and she is also dependent on the amount of money and amount of drugs she might have."

That's why medical and dental support from the ships that pull in really make a difference. Shreveport brought a box full of supplies for the home.

"We took over a bunch of disposable medical products such as gloves, masks, gauze, things that you use for infection control," said

DT1 (SW) Leroy James, Shreveport's dental department leading petty officer. "These items will all help the staff when they are treating the children."

They also took over toothbrush kits for the children and performed dental examinations on the children and the staff.

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2. Sigonella's Programs Focus on Customer Service From U.S. Naval Hospital Sigonella, Sicily

The staff of the Pediatric Clinic at Naval Hospital Sigonella is showing its value for customer service by creating new programs to meet the community's needs.

These programs developed by LT Betty Clauss, pediatric nurse, include breast feeding assistance, attention deficit hyperactive disorder (ADHD) support, and asthma education and tracking. They've had a positive impact on patients and staff alike.

The Breast Feeding Counseling Program was developed to support mothers who decide to give their babies the advantages of breast milk. As a result of the program, 88 percent of all new moms at Naval Hospital Sigonella begin breast feeding immediately after delivery, and 67 percent continue to breast feed after six months. LT Clauss also went the extra mile to ensure the proper equipment needed to continue breast feeding was available to the moms. She contacted the base Navy Exchange and convinced them to order electric breast pumps. The pumps sold out so rapidly that the Navy Exchange decided to carry it as a routine stock item.

Another successful program created is the ADHD Support Group for parents of children with ADHD. The support group provides current information on ADHD from guest lecturers.

The third program created by the clinic focuses on asthma, which is a common diagnosis of children enrolled in the pediatric clinic. The prevalence of asthma in the clinic population led to the development of Asthma Case Management Pathway. This program educates patients and children on asthma management, tracks patient visits and treatments, and allows the staff to assess whether education has an impact on decreasing emergency room visits.

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3. Navy Selects Senior Pharmacist of the Year By LT. Rick Haupt, TRICARE Southern California

SAN DIEGO -- The Navy's pharmacy community recently announced that LCDR Ted Briski is the Navy's "Senior Pharmacist of the Year" at an annual event in Atlanta promoting the Navy pharmacy community.

Briski was nominated for performance of his duties while assigned to Naval Medical Center San Diego from 1995 through 1997 as Assistant Chairman, Inpatient Division, Pharmacy Department.

"Lieutenant Commander Briski not only managed the largest inpatient pharmacy staff and budget in the Navy, but was directly involved in the clinical practice of pharmacy as well," said CDR Charles Hostettler, chairman of the board of senior pharmacists that

reviewed nominations for the award. "He had our unanimous vote."

To win the award, he achieved significant leadership and management milestones that contributed directly to the high quality of health care at Naval Medical Center San Diego.

"I'm very honored to have won this award," Briski said.

"Without the dedication of the entire pharmacy staff, this never would have happened. Although my job was a challenge, the people I worked with on a daily basis made my duties there enjoyable and rewarding."

Briski, a native of Milwaukee, WI., currently holds the position of Ancillary Services Consultant at the Office of the Lead Agent, TRICARE Southern California.

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4. Patients On Call To Surgery

By LCDR James Stobinski, NC, Naval Hospital Cherry Point

CHERRY POINT , NC - Personal beepers have come to the aid of ambulatory surgery patients at the Naval Hospital, Cherry Point. In meeting the Navy Surgeon General's goals to keep Sailors and Marines on the job and provide better service for our customers, on-the-job-time has increased and patient waiting time for surgery has decreased.

Currently, 80-90 percent of surgical patients are seen as outpatients. This high volume of outpatient surgery, due to the combining of four operating rooms into one main OR, required new scheduling methods to avoid conflicts and delays. Focusing on the customer's needs, patients now have the option of being "beeped" 30 to 45 minutes before the scheduled surgery.

The patients who have taken the beeper are pleased with the option. It gives the patient more control, and it demonstrates concern for the patient's needs. This blend of high tech caring gives the patient greater choice in their care and has the potential to markedly decrease waiting time and frustration.

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5. Occupational Health and Preventive Medicine Workshop

By Karen Murphy, Navy Environmental Health Center

NORFOLK, VA -- The Navy Environmental Health Center will host the 39th Navy Occupational Health and Preventive Medicine Workshop March 28-April 3 at the Town and Country Resort and Convention Center in San Diego, CA.

The workshop's theme, "Knowledge, the Most Powerful Form of Prevention" focuses on wellness and prevention in the areas of occupational health and safety, preventive medicine, health promotion, environmental protection, and industrial hygiene. The Seventh Annual Health Promotion and the Fifth Annual Independent Duty Hospital Corpsman conferences will run concurrently.

The workshop registration deadline is March 1. There is no cost associated with the workshop. However, participants are responsible for their travel and lodging.

Registration materials, hotel information, and the workshop advance program is available electronically on NEHC's homepage: www-

nehc.med.navy.mil or call DSN 363-5508/5512 or (757) 363-5508/5512.

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6. FY 99 Lineal Lists on BUMED's Homepage From BUMED Personnel Plans and Analysis

The FY 99 Officer Promotion Boards and Zones have been released.

If you are looking for an up-to-date lineal list, you can find it on the BUMED homepage: <http://nmimc-web1.med.navy.mil/bumed/med-05/med-52/default.htm>. Scroll down to the corps of interest and click on "Download Lineal Lists."

These lineal lists are updated annually when the promotion message is released to provide you with current information.

For more information contact CDR Ellen Quisenberry, NC at mequisenberry@us.med.navy.mil or call DSN 762-3379 or (202) 762-3379.

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7. TRICARE Question and Answer

Question: I'm an active duty service member. My spouse has other health insurance. Do you recommend that my spouse enroll in TRICARE Prime?

Answer: If a family member has other health care insurance, we do not encourage enrollment in TRICARE Prime. When other health insurance coverage is involved, TRICARE Standard is automatically the secondary payer. It may be easier to coordinate benefits with other health insurance under TRICARE Standard or TRICARE Extra. Check with the TRICARE Service Center near you for further assistance.

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8. Balance Is The Key

Are you eager to begin your new fitness regimen?

The key words to remember are balanced, moderate, and permanent. Typically reducing calorie diets don't work. Most people who follow diets based strictly on calorie restriction regain the pounds they lost within a year and may harm their health in the process.

Studies now show that it may be healthier to have never dieted at all than to keep losing and then regaining the same 10 or 20 pounds. This is often referred to as the yo-yo diet.

"Individuals will regain the weight as body fat, reducing lean muscle tissue and thereby reducing the metabolic rate, which is the rate the body converts food into energy," said Sally Vickers, certified health education specialist for the Navy Environmental Health Center, Norfolk, VA.

Many people try drastically reducing calories thinking that this will quickly do the trick fast. Very low calorie reducing diets may convince the body that it is starving. Consequently, for preservation, the body may again lower its metabolic rate to conserve the few calories that are being consumed.

For balanced, moderate, and permanent weight loss remember the

pillars of weight loss: regular exercise and eliminating fatty foods.

Instead of drastically reducing your calories, eat smarter and healthier. Replace the fatty foods you eat with high-fiber foods, which are just as filling. For example, unbuttered popcorn, fresh fruits and vegetables, dried peas, and beans are great high-fiber, low-fat choices.

While eating healthier, commit to a regular exercise routine. Exercise does not have to be something as extensive as weightlifting or running a marathon. Something simple, such as brisk walking for 20 to 30 minutes, at least four to five times a week is sufficient.

Maintaining regular exercise and foregoing high-fat foods as part of your lifetime fitness program should achieve a weight loss of about a pound a week and keep the weight off permanently.

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Feedback and comments are welcome. Story submissions are encouraged. Contact MEDNEWS editor, Earl Hicks, at e-mail <mednews@bms200.med.navy.mil>, telephone 202/762-3218 (DSN 762-3218), or fax 202/762-3224.

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